



# HEALTH CONNECT

**CONNECTING PATIENTS FOR BETTER HEALTH**

**July 2019**

## JULY IS UV SAFETY MONTH

### PROTECT YOUR SKIN IN 5 WAYS



Have access to SHADE at any time of the day.



Wear a HAT to offer protection from the sun.



Wear SUNGLASSES to protect your eyes from sun damage.



COVER UP by wearing loose-fitting shirts to provide the best protection from the sun.



Use SUNSCREEN to protect your skin from the harmful UV rays.

### Nurse Advice Line 24/7

800-TRICARE  
(800-874-2273)

**Hampton Roads Appointment Center**  
(866) 645-4584

**Emergency Room**  
(757) 953-1365

**Pharmacy Refill**  
Local: (757) 953-MEDS (6337)  
Toll Free: (866) 285-1008

**Information**  
(757) 953-5008

**Customer Service Office**  
(757) 953-2600

**Relay Health Secure Messaging**  
<https://app.mil.relayhealth.com/>

Summer has arrived and while the sun is shining bright, it's a golden time to highlight July as UV Safety Awareness Month!

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin.

Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

There are things you can do to minimize the risk that comes with sun exposure.

1. Cover Up: Wearing a hat or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure.

2. Stay in the Shade: The sun's glare is most intense at midday. Staying in a shaded area between the hours of 10 a.m. and 4 p.m. will further protect your skin.

3. Choose the Right Sunscreen: The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

By taking the proper precautions, you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider. Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

### Mindful Eating. What Is It?

Mindful eating is a great opportunity to develop healthy eating habits and create a positive relationship with food. Learn to eat slower, eat with a purpose, make healthier choices, and much more, regardless whether you consume too many calories or too few. If you eat two big meals a day or five small meals a day, the benefits of mindful eating will enable you to develop a healthy long-term habit. Despite if you personally consider yourself overweight, underweight or just right, the most important thing about healthy eating is to remember that eating is all in your head.

Mindful eating practice is deliberately taking note of every sensory experience associated with eating, while simultaneously leaving emotions about eating out of the experience altogether. When we eat mindfully, we re-wire the brain and restore intuitive wisdom of eating to make the experience more enjoyable. Making your food experience more enjoyable yields to better control of fear, and reduces stress and depression around eating while maintaining a positive relationship with food as well as a healthier body weight.

Mindful eating helps you distinguish between emotional and physical hunger. It also increases your awareness of food-related triggers and gives you the freedom to choose your response to them.

A tip toward mindful eating: turn off and tune in. By turning off the electronics, you can focus on what you are eating and how much you are putting into your body. This allows you to pay attention when your body is giving you signals that you are satisfied, and reduces the possibility of overeating while watching the television or while being on your electronics.

## **What Is Fat?**

### **NMCP Health Promotion and Wellness Department**

Fat is a nutrient. It is crucial for normal body function, and without it, we could not live. Not only does fat supply us with energy, it also makes it possible for other nutrients to do their jobs. Fats, which consist of a wide group of compounds, are usually soluble in organic solvents and insoluble in water.

#### **What are fats?**

Fats are called a range of different terms:

**Oils** - any fat that exists in liquid form at room temperature.

**Animal fats** - butter, lard, cream, fat in (and on) meats.

**Vegetable fats** - olive oil, peanut oil, flax seed oil, corn oil, for instance.

**Fats or fatty acids** - this refers to all types of fat.

**Lipids** - all types of fats, regardless of whether they are liquid or solid.

There are many types of saturated fats and not all of them have the same health benefits. What is saturated fat? Saturated fat is not a single nutrient. It's a group of different fatty acids with varying effects on health and metabolism. Saturated and unsaturated fats are the two main classes of fat. These groups differ slightly in their chemical structures and properties. For instance, saturated fat is generally solid at room temperature, while unsaturated fat is liquid. The main dietary source of saturated fat are fatty meats, lard, cheese, coconut oil and cocoa butter.

Here are some common saturated fatty acids in the human diet:

Steric acid: 18 carbon atoms long

Palmitic acid: 16 carbon atoms long

Myristic acid: 14 carbon atoms long

Lauric acid: 12 carbon atoms long

Capric acid: ten carbon atoms long

Caprylic acid: eight carbon atoms long

Caproic acid: six carbon atoms long

Consuming food with too much saturated fat is not healthy and replacing them with unsaturated fats, such as omega-3s, may help to reduce the risk of some heart diseases. To reduce your risk of heart diseases, make sure that unsaturated fats comprise a substantial proportion for your total fat intake. Replacing saturated fat with carbs does not provide any health benefits, and it impairs your blood lipid profile, which is the measurement of the levels of lipids in your blood, such as cholesterol and triglycerides. By replacing saturated fat with unsaturated fat, you increase your heart health and reduce your LDL (bad) cholesterol which has harmful effects to your health.

## **HEALTHY WEIGHT**

### **ShipShape Weight Management Program:**

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

**Right Weigh:** 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotion and Wellness Department programs and resources, call (757) 953-1927.

## **TOBACCO CESSATION**

### **Tobacco Cessation Class**

1st and 3rd Tuesday  
of every month from 1 – 3 p.m.

### **One-on-One Counseling**

Call today to schedule!

For more information, call  
(757) 953-1927 or 953-1934



# **National Cleft and Craniofacial Awareness & Prevention Month**

# National Cleft and Craniofacial Awareness

NMCP Public Affairs Office

July is National Cleft and Craniofacial Awareness Month. Craniofacial anomalies are a diverse group of deformities in the growth of the head and facial bones. These abnormalities are present at birth.

In simple medical terms, the word craniofacial is used to describe conditions that affect a person's head or face. Cleft and craniofacial defects are formed during the development of a baby's facial structures before they are born. Children with these conditions often have impaired ability to feed and impaired language development, and might be at increased risk for a greater number of ear infections, hearing issues, and problems with their teeth. Orofacial clefts (cleft lip, cleft palate, or both) are the main, common craniofacial birth defects. Congenital abnormalities that affect the development of the skull and the ears also come under this category.

The exact cause of these facial and oral malformations is unknown. However, a combination of genetic and environmental factors can contribute to this birth disorder. Treatment for these birth defects aims to improve the child's ability to eat, speak and hear normally and to achieve a normal facial appearance. The American

## GET CONNECTED

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- Interactive maps
- Pharmacy wait times
- Telephone directory
- Relay Health
- ICE feedback
- and so much more!



**118,000**

patients with a PCM at one  
of our 10 facilities

**22**

Medical Home  
Port teams

**440,000**

patients we serve – active duty,  
retired and families

How common do you think cleft lip and palate are in the United States?

The CDC estimates that about

**7,000 BABIES**

will be born with a cleft in the U.S. this year.

Compare that to about 6,000 babies born with Down Syndrome

JULY IS  
National Cleft & Craniofacial  
Awareness and Prevention Month

**ARE YOU AWARE?**

[www.cleftline.org](http://www.cleftline.org)

Cleft Palate and Craniofacial Association (ACPA) suggest that clefts are among the most common problems found in newborn babies in the United States. It is estimated that cleft lip or cleft palate occurs in almost one out of every 600 to 1,000 births. It is estimated that males are twice likely to have cleft lip, cleft palate, or both as females. Females are more likely to have a cleft palate only. Many factors that increase the risk of the condition include family history, diabetes, obesity and exposure to certain substances during pregnancy.

"Cleft and craniofacial anomalies are fairly rare, but we see patients out in the community that have these anomalies and we don't really think about all the things they go through to have those anomalies corrected, and having repeated medical interventions and about 20 years of surgeries ahead of them," said Lt. Cmdr.

Tamara Kemp, an NMCP plastic and reconstructive surgeon.

Patients have annual follow-ups, checking for issues such as headaches, vision changes and things associated with having an abnormal skull shape. Developmental pediatrics, speech language pathology, social work, and psychiatric care are some of the resources available when patients have their follow-up appointments.

There is a multitude of resources, educational programs and support programs for children and their families through city and county resources, schools, and associations such as the American Cleft Palate Association.

"We really can try and identify early on and guide the family in terms of expectations of the child's development, and what they can anticipate in the future," Kemp said.



# WHAT TYPE OF Sunscreen IS RIGHT FOR YOU?



## Creams

Best for the face. Bonus: They're friendly to dry skin.

## Sticks

Good for using on the skin around your eyes.

## Gels

Work well on hairy areas, like the scalp or a man's chest.

## Sprays

Easy to apply to kids. But make sure to use enough to thoroughly cover the skin.



No matter which kind you choose, be sure it offers broad-spectrum (UVA and UVB) protection, has an SPF (Sun Protection Factor) of 30 or higher, and is water resistant.

Source: American Academy of Dermatology